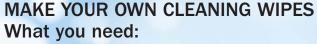


How to Clean Your CPAP Equipment

It is important to clean your mask, humidifier chamber and tubing frequently to protect yourself, as well as your device.

CLEANING TIPS

- 1. Mask: clean daily with a wipe.
- 2. **Air Tubing:** clean every other day with cleaning solution then rinse thoroughly. (Create a solution of 2 parts white vinegar to 3 parts water, or 50% hydrogen peroxide solution)
- 3. Humidity Chambers: Use fresh water daily and clean every other day.
- 4. After cleaning, let the equipment air dry.
- 5. Filters: change once a week.



- 1 sealable container
- 1 roll of THICK paper towels
- · 2 cups of boiled and cooled water
- 2 tablespoons concentrated dish soap
- 2 tablespoons white vinegar

INSTRUCTIONS:

- 1. Cut paper towels in half.
- Mix together water, dish soap and white vinegar.
- 3. Put towels in container and pour the solution over the paper towels.
- 4. Once the paper towels are saturated, carefully remove the cardboard center.
- 5. Pull a paper towel from the middle as your starter cleaning wipe.
- 6. Keep the container sealed.





COVID-19 AND FAMILY CAREGIVING:

- When at all possible use gown, gloves and N95 mask when in close contact with the patient.
- Thoroughly wash hands before and after providing care.
- Have patient sleep in room by themselves when using CPAP/BiPAP device.
- · Always have extra supplies on hand.

RESOURCES FOR CAREGIVERS:

• COVID19 - Caring for someone at home | CDC